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- Macro ring flash
- 6 lens adapters (49mm, 52mm, 55mm, 58mm, 62mm, 67mm)
- Quick Setup Guide

### FEATURES

- Compatible with all DSLR cameras with a flash hot-shoe
- Can operate remotely with PC sync cable (not included)
- 3.75" light ring with guide number of 10m at ISO 100
- Ideal for close-up photos
- Five illumination power levels
- Xenon flash tube lighting



### FEATURES



#	Item	Description
1	Ring Flash and mounting slot	Attaches to your camera lens.
2	Power switch	Slide to turn on or off.
3	Charging indicator	Brightly lit- The ring flash is ready to use. Blinking every 1 second- Low battery. Blinking every 3 seconds - In sleep mode. Off - When the flash is turned off.
4	Flash level indicators	Light to indicate the flash power level (1/16, 1/8, 1/4, 1/2, or 1/1).
5	Battery compartment	Insert 4 AA alkaline or Ni MH batteries (not included)
6	Flash level buttons	Press + or - to select the flash power level.
7	Test button	Press to test your flash.
8	PC sync socket	Connect a PC Sync cable (not included) to trigger the flash from another device or to locate the flash control unit away from the camera.
9	External power pack terminal	For use with optional external battery pack module (not included).
10	Locking ring	Secures the control unit to your camera.
11	Lens adapters	Allows you to mount the ring flash on your camera lens.

### INSERTING THE BATTERIES

**Note:** Batteries are not included.

- Slide the battery cover down, then lift up to open the battery compartment.



- Insert 4 AA alkaline or NiMH Type batteries. Make sure that the + and - match what is indicated in the compartment.



- Close the battery cover, then slide it up until it clicks into place.



# SETTING UP YOUR RING FLASH

## Attaching the control unit



**1** Make sure your camera and ring flash are turned off.



**2** Turn the locking ring counterclockwise to loosen it.



**3** Slide the mounting foot of the control unit into your camera's hot shoe.



**4** Turn the locking ring clockwise to lock the control unit in place.

**Note:** If you want to mount the control unit separately from your camera, you need a PC sync cable (not included).

## Attaching the flash ring

**1** Select the appropriate lens adapter, then screw it onto your camera lens.

**Note:** Remove filters from your camera before attaching the adapter.

**2** Slide the flash ring onto the lens adapter until it is locked in place.

## Using your ring flash

**1** Slide the power switch to **ON**. The flash begins charging and the charging indicator lights orange when the ring flash is ready to use.

**2** Press + or - to select the flash power level.

**3** Use your camera as usual while making sure to let the flash ring to cool down periodically. Over-use will turn on temperature protection, depending on your flash power level:

Flash power level	# of flashes
1/1, 1/2	50
1/4, 1/8	100
1/16	200

**Note:** If temperature protection turns on, you must wait 10-25 seconds between each flash. Turn off the ring flash for about 10 minutes to return to normal operation. If the inner circuit overheats, it will shut down automatically.

**4** Slide the power switch to **OFF** when you are finished.

**Note:** The ring flash will enter sleep mode if idle for 30 minutes. Press any button to wake it.

# SPECIFICATIONS

Power	4 AAA batteries (alkaline or Ni-MH)
# of Flash Cycles	300 – 1000 times (with alkaline)
Recycle time	.1~2 seconds
Color temperature	5600K +/- 200K
Flash duration	1/300-1/5000 second
Dimensions	Ring flash: 5 x 4.1 x 1.1 in. (128 x 103 x 28 mm) Control unit: 3 x 2.4 x 6.3 in. (75 x 60 x 160 mm)
Weight	.8 lbs. (370 g)

# SAFETY INFORMATION

- Keep away from water to prevent fire, electric shock, or damage. The ring flash is not water resistant.
- The ring flash contains high voltage electric parts. Do not try to open or repair it. If you touch the high-voltage circuit inside this product, electric shock may occur.
- If the unit is broken and the inside is exposed, stop using it to prevent electric shock.
- Do not direct the flash near eyes at short distances or eye damage may occur. When taking a flash picture towards a baby, it is recommended that you are at least 1 meter (3.3 feet) away, use a diffuser, or bounce the light away to soften the intensity.
- Keep the batteries or other small parts out of children's reach. If a part is swallowed, see a doctor immediately.
- If the batteries are leaking, wear gloves when you remove them.
- Do not use the ring flash near flammable gas or chemicals. It may cause fire or electromagnetic interference.
- Do not leave or store the ring flash in temperatures above 104°F (40°C).
- Remove the batteries and store the ring flash in a dry area if it will not be used for a while.

# ONE-YEAR LIMITED WARRANTY

For complete warranty, visit [www.insigniaproducts.com](http://www.insigniaproducts.com).

## CONTACT INSIGNIA

For customer service, call 1-877-467-4289

(U.S. and Canada) or

01-800-926-3000 (Mexico)

[www.insigniaproducts.com](http://www.insigniaproducts.com)

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## Legal notices

### FCC Part 15

This device complies with Part 15 of the FCC Rules. Operation of this product is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply within the limits for a class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

**FCC warning** Changes or modifications not expressly approved by the party responsible for compliance with the FCC Rules could void the user's authority to operate this equipment.